

Pediatric Allergies

By Heidi Hawkins, MAc, LAc

The responses of children (physiological or otherwise) tend to be less restrained than those of adults. This means that their reactions to things, such as allergies and sensitivities, generally tend to be more obvious and more acute.

As humanity evolves, more sensitive people are born into this world. A more sensitive child is more reactive to the chaos, noise and electromagnetic disorganization of the modern world. More and more children are diagnosed with attention deficit disorder (ADD) because they are easily distracted or overstimulated, and are easily affected by chaos in the classroom and elsewhere. Our modern world is abrasive and disruptive to the mind of a sensitive person.

Do these children need treatment, or does society need to change? In my opinion, society needs to change. In the meantime, we must treat these children so they can live and thrive in this chaotic world. As do pets, children tend to reflect the chaos and illness of their parents. Treating their parents is often still the best option.

For children, a calm and orderly home is often helpful. Too much time spent around noise, televisions, computers and other electronic devices is chaotic and harmful. This does not mean that these things should be banned outright, but rather they should be used in moderation. Children, like adults, may become addicted to things they are sensitive or allergic to.

Allergies in children are usually an inherited pattern, which is brought into symptomatic manifestation by a number of interactive factors, including vaccinations, antibiotics and other drugs. Parental smoking and drug use affect children as well. Toxic laundry chemicals and household cleaners should be avoided. Many skin rashes in children can be caused by laundry chemicals. Using pure, simple soaps and cleaners such as those found in health food stores can make a significant difference in the long-term health of a child. Organic

foods also make a very significant difference.

It is wise to avoid metal dental work in children's mouths. It is also wise for children to avoid artificial colors, flavors and sweeteners, as well as excessive refined flour products and refined sugars. Once again, moderation is key in all things.

Children need to have physical exercise and spend time outdoors. They need a healthy relationship with nature, and they need to understand themselves as part of nature. This is not intended to put the child in opposition to society and the modern world, but to keep the child connected to that which is sustainable and long-term. The chaos of the modern world cannot last indefinitely.

The treatment of children requires specialized training in acupuncture and other allergy treatment methods. If you seek a practitioner to treat your child, be sure the practitioner is trained in treating children. More subtle methods of treatment are best for sensitive children. Choose your practitioner - and your choice of treatment - wisely.

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